

# Capt. Reema R. Sikka, MD MPH

## Chief of Preventive Medicine

General Leonard Wood Army Community Hospital

Accepting  
New  
Referrals

### Undergraduate:

Austin College, Sherman, Texas: Major in Biochemistry

### Medical School:

Uniformed Services University of the Health Sciences, Bethesda, Maryland

### Internship, Residency & Fellowship:

Madigan Army Medical Center, Tacoma, Washington

### Graduate School:

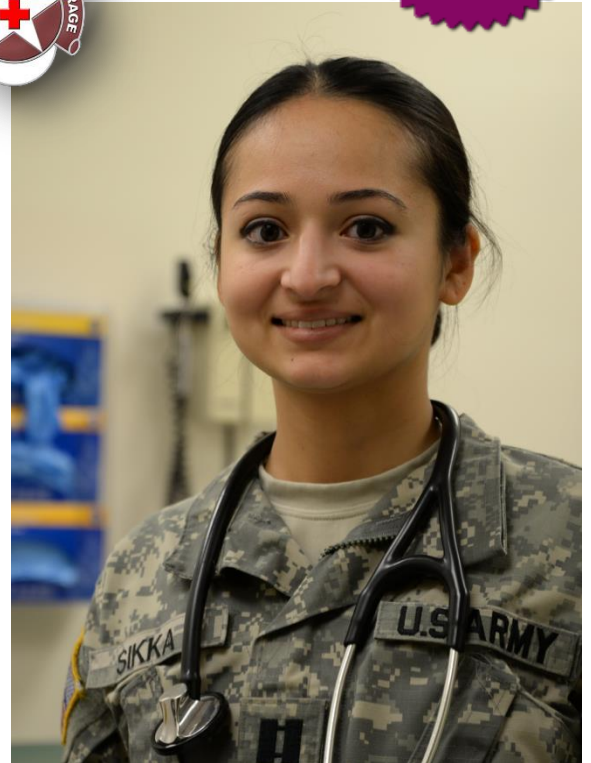
University of Washington School of Public Health, Seattle, Washington

### Office Location:

General Leonard Wood Army Community Hospital

### Reasons to visit Preventive Medicine:

- Premier health and wellness programs at the Army Wellness Center for individuals to live healthy, sustainable lifestyles
- Communicable disease and injury investigations
- Employee health surveillance exams
- Respirator Fit Testing
- Medical exams for commercial truck driver license
- Travel Medicine
- Latent Tuberculosis Infection evaluation and treatment
- Tobacco cessation
- Indoor air quality assessments
- Workplace hazard assessments
- Ergonomics expertise
- Environmental Health- field, food, water sanitation
- Hearing Conservation Program



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### What do you like most about your job?

Dr. Sikka: "I'm a strong believer that prevention is better than cure. My job is dedicated to population health, and keeping people well and out of the hospital. Preventive Medicine often goes unnoticed among other medical professions because if we're doing our job properly, people don't get sick, hurt or injured. Primary prevention is the only way to mitigate the burden of chronic disease, communicable disease, and obesity in America. Tertiary prevention provided by Primary Care Providers functions to manage the chronic disease but it's often too late for definitive treatment by then. This is why I think Preventive Medicine will play a huge role in the future of healthcare. Helping keep service members, retirees and Army civilians healthy is an important mission that I'm proud to be a part of as an Army Preventive Medicine Physician."

### Where did you grow up?

Dr. Sikka: "My family relocated a lot when I was growing up. I have never lived anywhere longer than four-and-a-half years. I was born in Utah, then lived in California, Maryland, Illinois, Georgia, Texas, Washington DC, Washington State, and now I'm in Missouri."

### Why did you choose to come to Fort Leonard Wood?

Dr. Sikka: "My husband and I are both active duty Army physicians and Fort Leonard Wood was our first choice. We really enjoy the outdoors."

### How do you spend your time when you're not working?

Dr. Sikka: "My husband and I are looking forward to exploring the Ozarks here in Missouri. Travelling is one of my favorite hobbies and I'm a proud member of the 50 States Club after visiting all 50 US states. I play violin, piano and guitar in my spare time. I also enjoy trying new ethnic cuisines. In the winter months, I always try to find time for snowshoeing and skiing. We expect to have a great time exploring the neighboring communities outside of the gate."

